



THS International
Reception's

STUDENT GUIDE



thsint.se



info@thsint.se



[@ths_international_reception](https://www.instagram.com/ths_international_reception)

Table of Contents

Welcome to KTH!	4
The THS International Reception	5
Getting Started	7
First Arrival	7
Traveling to Campus from the Airport	7
Getting Ready for Courses	7
Opening a Swedish Bank Account	7
Checking if You Are Covered by Insurance	7
Signing up for the SSSB Housing queue	7
Stay Up to Date with the THS International Reception	7
After Course Registration	8
Receiving your Mecenat Card: Student Card to Get Discounts	8
Becoming a THS Member	9
Student Life	10
THS: The Student Union at KTH	10
What is THS?	10
How to Register for THS Membership	10
Facilities	11
The Chapters	16
Rights by being in a Chapter	16
Why are people wearing overalls?	18
Associations at THS	18
The KTH Campus	19
Introduction	19
Campus Map	19
Eating on Campus	20
Microwaves	20
Restaurants and cafés on campus	20
Favorite Study Spots	21
Printing on Campus	22
KTH/University Vocabulary	23
Studying at KTH	25
Registering for Future Courses	25
Registering for Exams	25
Exam Preparation	25

KTH Library: A Great Academic Resource	25
Funka: Resource for Students with Disabilities	26
Career	27
Career Support	27
Job Fairs & Networking Events	27
Job Postings	27
KTH Innovation: Innovation Support	27
Student Part-Time Jobs: Should I do it?	28
Is Knowing Swedish Required for a Job?	28
Learning Swedish	29
Resources	29
Courses	29
Digital resources	30
Looking for Housing	31
Stockholms Studentbostäder (SSSB)	31
Stockholm Housing Agency (HSB)	31
KTH Accommodation	31
Private Sublets	31
Transportation	32
By Foot	32
By Bike	32
By Stockholm's Public Transportation	33
Using the SL app	35
Getting from the Airport	35
Health and Well-Being	37
General	37
Mental Health Resources	37
Sports and Outdoor Activities	37
City Suggestions	39
Useful Information	40
Additional Sites	40
Ending Remarks	41

Welcome to KTH!

The THS International Reception team is thrilled to welcome you to KTH. We hope that your stay here is great as Sweden's cinnamon buns. Coming to a new school and a new country can be quite overwhelming at first. This could be the first time that you have been outside of your home country or you could be used to moving around. In either case, this is a chance for you to experience all KTH, Stockholm, and Sweden has to offer!

To tell you a little bit about the THS International Reception, headed under the student union at KTH's subsection THS International. We are a student-led project consisting of two Project Managers, the Project Team, and many wonderful Buddies. Everything we do is completely voluntary. Our aim is to make you feel as welcome as possible by providing you with events in order to meet new people and feel part of the KTH community.

In our first weeks at KTH, we struggled to find microwaves in Nymble, could not grasp what all of these lettered Chapters were, and hopped on a few metros going in the wrong direction. Eventually we got the hang of it and made Stockholm our home. Based on our most commonly asked questions and what we wished we would have known earlier, we have put together a little guide of basic information about life at KTH that could come in handy.

With love,
The THS International Reception Family



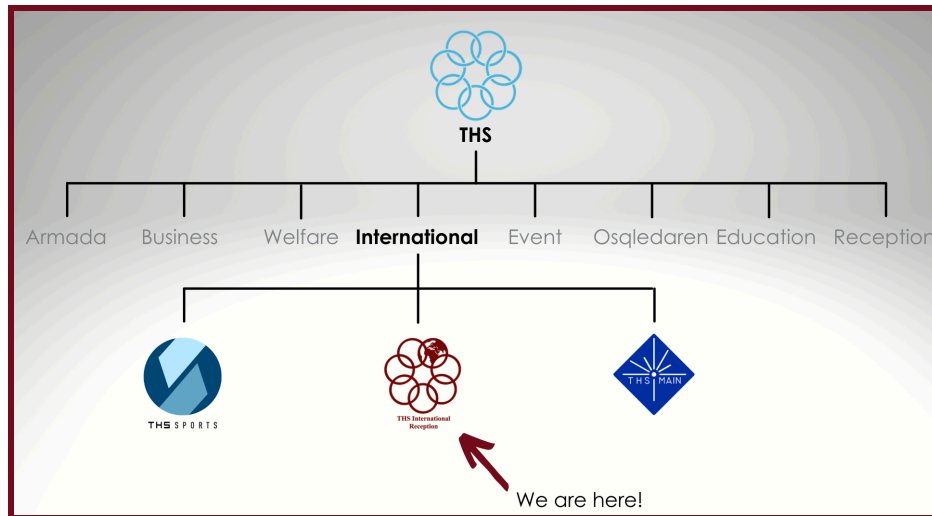
A huge welcome from a previous team of Project Manager, Project Team, and Buddies!

The THS International Reception

We at the THS International Reception are a project run under one of the subgroups of our student union, THS, THS International. **THS International** works on the internationalization of student life and studies on campus, alongside KTH in various projects.

THS International is divided into three subsections:

- THS Sports: organizes sporting events and tournaments throughout the year
- **The THS International Reception:** creates the welcome reception for new international and masters students during the fall (August/September) and spring (January)
- THS MAIN: the masters and international group, that is open to all students regardless of study field, year, nationality, etc, and creates events year-round



*Super simplified THS Structure, with a focus on **THS International**. It is more complicated than this!*

The **THS International Reception** is a welcome reception for all new masters and international students at KTH. We aim to provide various events that suit different interests, but also allow students to explore new hobbies. Our primary goal is to make sure that every new masters and international student feels welcomed and included to ease their transition into KTH student life.

This is a biannual project **run by student volunteers**, with our Fall Reception taking place during August and September and our Spring Reception in January. Every half year, we look for people to take on the following roles:

Role	Description	Number of people	Volunteer term
Project Manager	<ul style="list-style-type: none"> -Oversees the entire Reception -Recruits Project Team -Communicates with TTH/KTH officials 	Fall: 2 Spring: 1-2	Fall: Nov-Sept Spring: Oct-Feb
Project Team	<ul style="list-style-type: none"> -Have specialized roles in Marketing, HR, Party, Event, Logistics, Catering, Financial, etc. and run events -Recruit Buddies 	Fall: ~30 Spring: ~30	Fall: Mar-Sept Spring: Nov-Feb
Buddies	<ul style="list-style-type: none"> -Volunteer at events -Assigned to Buddy Group and hold Buddy Meetings -Answers Buddy group's questions 	Fall: ~150 Spring: ~70	Fall: Aug-Sept Spring: Jan-Feb

Sounds like something for you? Wait for later in the semester, when applications open again.



Visit to Tyresta Nationalpark during the International Reception

Getting Started

First Arrival

The most fundamental information about living in Sweden can be found on KTH's page for [degree students](#) and new [exchange students](#). You will find contact details to your program coordinator, information regarding your residence permit, insurance, finding accommodation, and other important information. Check this out and most of your questions will be answered, and it is continuously updated by KTH for the most up to date information.

Traveling to Campus from the Airport

If you are not arriving on an Arrival Day, we have a whole section about how to [get from the airport](#) to campus! There are tips in there on how to use our public transportation network if you are looking to get to your housing after.

Getting Ready for Courses

Curious about what your schedule might look like? [TimeEdit](#) is a great place to get an inkling of what your schedule might look like. However, wait until your degree or exchange program introduction to hear if there are any changes and usually on the first day of courses, the professor will go over the course schedule and everything you need to know regarding the course.

Want to sync your course schedule with your own calendar? Check out [this page](#) for more info. More options can be found on the left-hand corner.

Opening a Swedish Bank Account

KTH has a [website](#) where they list info on how to open a Swedish bank account. Short-term and long-term students can open a bank account, but there are differences, so check out the website for more info!

Checking if You Are Covered by Insurance

We get a lot of questions about insurance, but no worries: KTH has got all of the info you might need to know listed in their [Insurance Guide](#).

Signing up for the SSSB Housing queue

Looking to get in the SSSB Housing queue? You will need to become a THS member at some point, but you can start collecting 90 days prior to becoming a THS member. More info can be found in our [SSSB section](#)!

Stay Up to Date with the THS International Reception

Want to know what is going on at KTH campus? Don't forget to join and follow our social media channels!



Instagram: [@ths_international_reception](https://www.instagram.com/ths_international_reception)

Discord: <https://discord.gg/PEhEnutFJb>

Rednote: [THS国际学生会](#)

Wechat ID: THS_int_rec

We also have a group on the KTH Goin' Connect, called "THS International Reception", where you can ask questions.

After Course Registration

Receiving your Mecenat Card: Student Card to Get Discounts

Once you have registered for courses, you will be able to get your Mecenat card! The Mecenat card is a student card used in Sweden to prove that you are studying, and you do not need to be a THS member to get it.

Mecenat card discounts

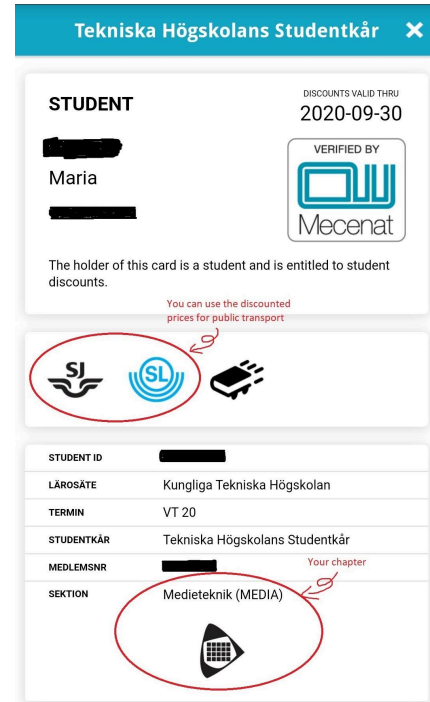
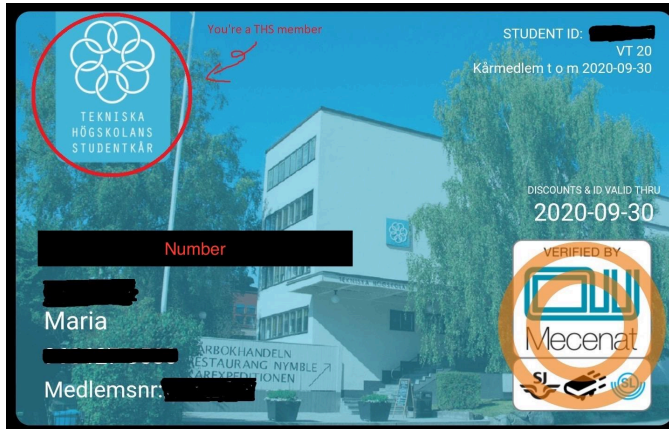
- SL ticket prices (**you need this card with the SL logo in the bottom right side to use the student price!**)
- Some stores
- Some movie theaters
- Museums
- More! Just ask if the place takes student discounts!

About 2 weeks after course registration, Mecenat should send you an email, to the email address registered on Ladok, about when the card is ready. More info can be found [here](#). Ladok is the student administrative registration and documentation system used by all Swedish universities. Here, you can download an app that has your student ID. Follow instructions in the email and download the Mecenat app. A lot of students use the digital version. It is better for sustainability too! If you want a physical card, you can order it through Mecenat's website for a small additional fee.

If you are a THS member, this information will show up on your card as well. The card will previously have been white, but once your union membership is registered, your card will have the THS logo on it. When you click on the bottom right hand corner, you will be able to view which Chapter (study field association) you belong to. We've included a photo of what a Mecenat card with THS membership looks like!



THS International
Reception



Front on digital Mecenat Card in Spring 2020. (left)
Click on the card to see the back of it. Back of digital Mecenat card in Spring 2020. (right)

Becoming a THS Member

Want to become a THS member? Check out [our section below](#), and you will find all of the info!

Student Life

THS: The Student Union at KTH

What is THS?

Tekniska Högskolans Studentkår (THS) is the student union at KTH whose main purpose is to monitor and contribute to the development of the education and the conditions for study at KTH. They not only ensure high quality education, but also provide career development activities and organize various social festivities. Nymble is the student union house that has a restaurant, café, meeting rooms, KårX (the Student Union Office), bookshop, event spaces, and sauna. THS even owns Osqvik, a cabin in the woods in the Swedish archipelago that can be rented.

Benefits of being a THS member

- Sign up for SSSB housing queue
- Discounts on Nymble room rentals
- Various discounts at THS Restaurant, THS Cafe, and THS Bookstore
- Free entrance to some THS parties

More information about the structure, positions and how to apply to them, and purpose of THS can be found [here](#). Stay up to date with everything that is going on at THS by following the [THS Instagram](#) or the [THS Facebook page](#).

If there's one thing to learn from this guide, this is one of the most common confusions within the international community at KTH and it is important to remember the following diagram below:



How to Register for THS Membership

Pay your annual 365 SEK membership fee! (Or your semester 220 SEK membership fee) To do this you can do it in two ways:

- Pay online on [THS's website](#) and use your KTH login credentials.
- Go to Kår expeditionen (KårX) at Nymble, the Student Union at KTH building. You will be able to find KårX on the bottom floor of Nymble across from the THS Cafe, and opening hours are listed [here](#).

A short while after you pay your membership fees, your Mecenat student card will no longer have a white-colored background, but will have the THS logo on it and show that you are a THS member.

Facilities

Nymble

The student union building is open to students, but only members can be there on weekends and after 19.00 on weekdays. However, sometimes access is denied to all students if there are special events going on. Also, students can rent rooms for a [specific price](#) as a THS member. A lot of students use the rooms that are open to study and eat lunch during the school day. A lot of events are also held here. TentaPubs, parties hosted in the student union house celebrating the end of exams, use pretty much the entire building for their festivities, transforming it into Stockholm's largest night club for a night.



This is a photo taken of our Student Union building, Nymble. This is the south entrance, also known as the “Metro Entrance”. Did you know that this building is designed by one of the architects of the UN Headquarters in New York City?

Below are maps of the Nymble floor plans with the following key:

Key



= Microwave



= Restaurant

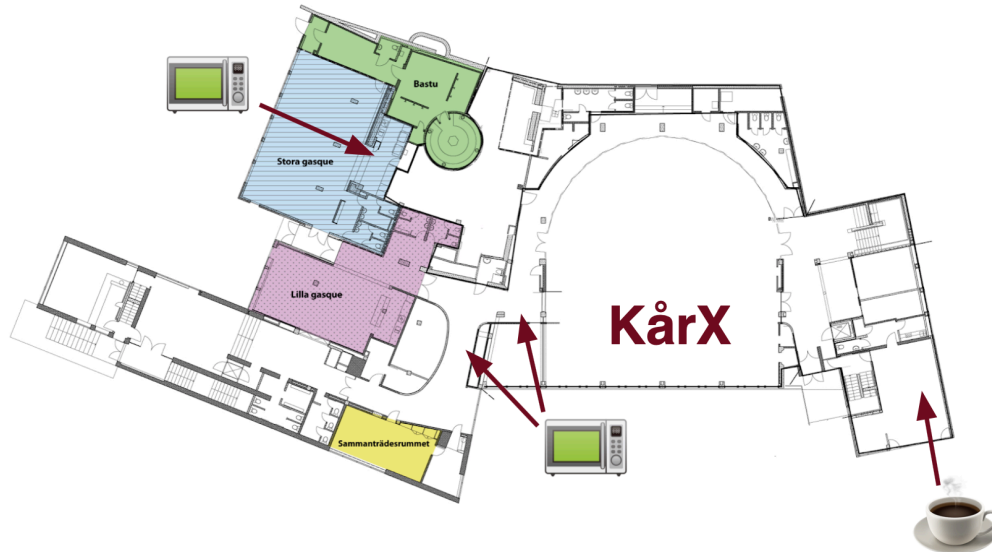


= Cafe

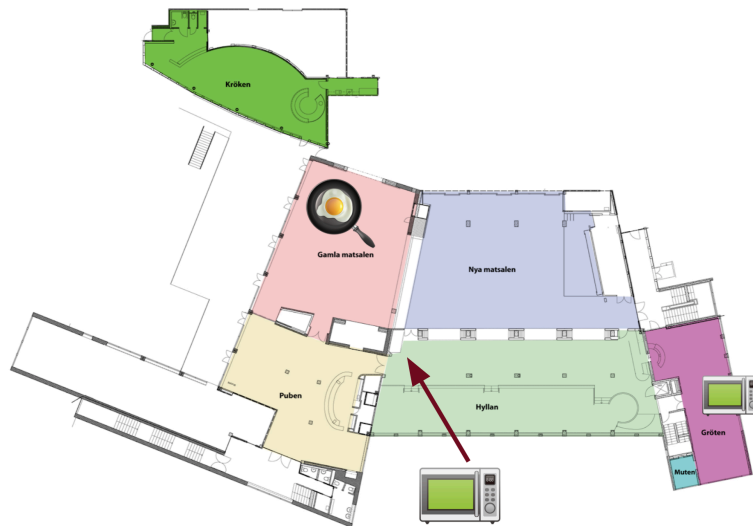


THS International
Reception

Floor 1



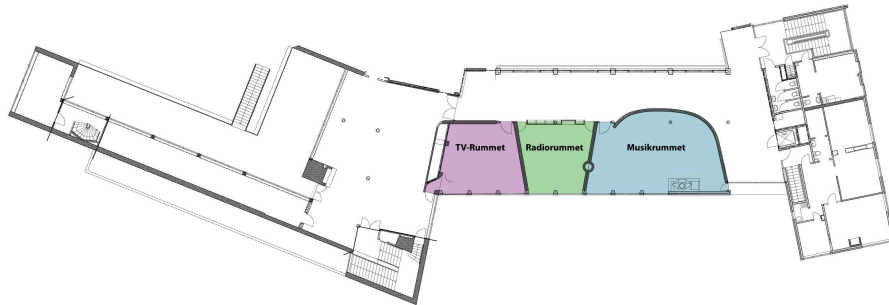
Floor 2





THS International
Reception

Floor 3



Sometimes the rooms might be booked by organizations and associations.



Photo taken by a Project Team Member of a KF-meeting. KF (Union Council) delegates are hearing about the financial status of Nymble's own bookstore! Meetings are open to all THS members!

Osqvik

Osqvik is THS's cabin in the archipelago on the island of Värmdö, donated to the student union by a KTH alumni. You can book it in advance, pick up keys and a cleaning kit at KårX. You are responsible for making sure that Osqvik is in great condition after you leave!



Osqvik! Photo is taken by a member of the Project Team.

This is the main Osqvik cabin. The downstairs area has a kitchen and a main hall. At THS International Reception Osqviks, dinners are served in the main hall and the toastmaster entertains guests with fun activities.

There is another smaller cabin that has two outhouses. By the dock, there is a sauna with changing rooms and a shower, but no toilet. You can see if you are brave enough to take a quick dip/swim in the water! It is usually quite cold, especially in the winter!



View of water and Osqvik. Photo is taken by a member of the Fall 2019 Project Team.

If you are interested in renting Osqvik, go to KårX during open hours for more information. Do not show up to Osqvik unless you have rented it or are on the guest list for an event.

The Chapters

Everyone is **assigned** to a specific Chapter in the student union, through their study program. Each program is represented by a student-run organization, known as a Chapter (some universities use the translation “Guild”, which might help the concept make more sense). Chapters serve as social events organizers and education representatives. Each Chapter is unique and has their own sub-organizations within them, some examples include sports teams, baking clubs, international groups, spex (Swedish improv theatre), etc. The Chapters also have their own chapter halls, but they follow the +1 rule in which there needs to be at least 50% of the people in the hall who are members of the Chapter. On some nights a week, these chapter halls convert from study spots and socialising hubs into pubs, run by chapter members.

Rights by being in a Chapter

- Access to Chapter facilities, including chapter hall and microwaves in the chapter hall
- Representation through education representatives. You can approach them for all problems related to courses and programs.
- Support in business relations. The Chapters organize lunch lectures with companies in their field and also organize career fairs.
- Aid from JML responsables. JML responsibilities are in charge of Equality, Diversity, and Equal Treatment. This aid is extended to non-members as well, but it helps to stay involved and receive communication if you are a member.
- You get to VOTE and attend chapter meetings
- You get to take on trustee positions in the chapter
- Join chapter exclusive events

Below is a list of Chapters at KTH. Confused as to which Chapter you belong to, check [this website](#) or contact the Student Union.

Chapter Name	Chapter Hall	Chapter Pub Day	Website	Overall Color
Arkitektur (A)- Architecture	oaSen	Friday	http://arkitektursektionen.se	Purple
Bergs (B)- Material science and engineering	Hardox	Wednesday	http://bergssektionen.se	Light grey jaquett coat
Data (D)- Computer Science	META	Wednesday	https://datasektionen.se/en	Cerise (pink)
PhD (Dr)- PhD	T-Centralen	Some Fridays	https://www.dr.kth.se	Black
Elektro (E)- Electrical engineering	Tolvan	Thursday	http://elektrosektionen.se	White
Flyg (T)- Aerospace	T-Centralen	Friday	http://flygsektionen.se	Black tailcoat



TIS International
Reception

engineering				with emblem
Fysik (F)- Physics	Konsulatet	Tuesday	https://f.kth.se/en/home/	Orange
Bygg (IsB)- Construction engineering	Byggeriet	Wednesday	https://www.isbygg.com	Ochre Red
Flemingsberg (IsF)- Flemingsberg campus	Rudan	Friday	https://isflemingsberg.com	Ochre Red
Kemi (K) - Chemistry	Dragskåpet	Friday	https://kongligkemi.com	Yellow
Maskin (M)- Mechanical engineering	Smörj-kammaren	Friday	https://www.maskinsektionen.se	Black tailcoat with red emblem
Samhällsbyggnad (S)- Civil engineering	oaSen	Thursday	http://s-sektionen.se	Bottle green
Civilingenjör och Lärare (CL)- Teaching	Gråttan	Thursday	http://cl-sektionen.se	Red ombre and black tie dye
Energi och Miljö (W)- Environmental engineering	Gråttan	Thursday	https://w-sektionen.se/en/front-page/	Teal
Industriell ekonomi (I)- Industrial engineering	Istället (Issy)	Friday	https://www.iare.se/en/	Brown
Informationsteknik (IT)- Information technology	Kistan 2.0	Thursdays & Fridays	http://kth.it/en	Laser Violet / Light blue
Medicinsk Teknik (MiT)- Medical Engineering	Tolvan	Thursday	https://mit-kth.se/en/	Light Blue
Mediateknik (Media)- Media Technology	META	Thursday	http://www.mediateknik.com	Black tailcoat with emblem
OPEN- Technical Preparatory Year	Hardox	Thursday	http://www.opensektionen.se	Red
Produktion (P)- Production	Byggeriet	Friday	http://p-sektionen.se	Ochre Red / Greyish Blue

Why are people wearing overalls?



Photo of E&MiT Chapter members in the courtyard of KTH, provided to us by a wonderful friend from the E-Chapter.

An overall (known as an *ovve*) are worn by multiple university students all throughout Sweden, Finland, and parts of Canada. Some chapters at KTH have a *frack* instead (a tailcoat). **Patches**, commemorating specific events or completed tasks, are usually sewn onto these overalls. For example, Chapter pubs have special patches for particular drinks. A different colored overall symbolizes a different Chapter. There are also different student associations that wear overalls so you may see some other ones around campus!

Associations at THS

There are a bunch of THS student associations as well! They range from career, party/events, spex, sports, and social associations. Want to start your own? You can do that too! Check out [this site](#) for more info.

The KTH Campus

Introduction

KTH actually has multiple campuses. First of all, there is the main KTH campus in central Stockholm (closest metro stop is Tekniska Högskolan). This campus is not only the home of KTH, but also of the Swedish Defense University and Stockholm University Of The Arts. There is also the Swedish School Of Sports And Health Sciences and Sophiahemmet nursing University next door. KTH also has campuses in Kista (shutting down soon), Flemingsberg, and Solna.



The Clock Tower has a view of the main campus at KTH, overlooking the courtyard. Students can't normally go up here, but if you for example join our Campus Treasure Hunt, you can!

Organizationally, KTH is also made up of five different schools:

- School of Architecture and the Built Environment (Arkitektur och samhällsbyggnad, ABE)
- School of Electrical Engineering and Computer Science (Elektroteknik och datavetenskap, EECS)
- School of Engineering Sciences (Teknikvetenskap, SCI)
- School of Engineering Science in Chemistry, Biotechnology, and Health (Kemi, biologi och hälsa, CBH)
- School of Industrial Engineering and Management (Industriell teknik och management, ITM).

Campus Map

KTH has a great [campus map](#). You can also [search the room location](#). This is one of the quickest ways to find your classroom. You can additionally Google for example (lecture hall number-KTH, ex. Q24-KTH) and you will find a more detailed description of where the room can be found in the building. Scroll down once you have clicked on the site to get a floor plan of the building.

Eating on Campus

Everyone has a lunch break between 12 and 13 during school days.

Microwaves

A lot of people bring lunch boxes to school and use the microwaves to heat them up. Word of advice is to be there a bit before the giant queues are formed (usually right after class at 12).

Locations:

- Nymble: Check out our [Nymble map!](#) Please note that eating your own food is **not allowed** in Gamla Matsalen as it belongs to the restaurant. Feel free to have lunch in Nya Matsalen.
- Your chapter hall!
- U building: use the “upper entrance”
- M building: same building as the Brazilia restaurant if you turn left after entering through the upper entrance
- V building: on the ground floor towards the middle of the building

Restaurants and cafés on campus

Below is a list of restaurants and cafés that are located on campus. Note that some of the websites do not have an English version. Most of the restaurants are listed on the map in the Campus Map section.

Name	Lunch	Fika	Discounts  = Student  = THS member
Nymble Restaurang	✓		 
THS Cafe	✓	✓	
Coffice		✓	
KTH Stories	✓	✓	
Syster O Bror	✓		 Discounted lunch after 12:30
La Campus	✓		
Taste by Nordrest Restaurang	✓		 (Need to get their lunch card)
Brazilia Restaurang	✓		
KTH Fika		✓	

Favorite Study Spots

Our favorite study spots are the following:

- KTH Library

- Nymble: KårX, Hyllan, Puben, and the 3rd floor
- Your own chapter hall, if you are a THS member, and if it is not in use!
- U-building (known sometimes as the Gingerbread House)
- D building
- M building (be aware this is a bit of a walk from central campus!)
- The Shire, at Teknikringen 14

In need of a study break? If you need a study break we recommend you to take a walk in the forests around Uggleviken, right behind KTH-Hallen.



*A photo of the beloved U-building.
Doesn't it kind of look like a gingerbread house?*

You can also [book a KTH library group study room](#). You can book it a week in advance, but be sure to **confirm your timeslot** 15 minutes before to 15 minutes after the start time. Otherwise, someone else can take it from you! Some things to note are that you can book one room per day, two rooms per week and for a maximum of 2 hours per booking. Just be sure there are more than two people in the room! More rules can be found on the site. Confused on where your booked group room is? If you click on the link above for the KTH library group study groups, there is a map as well to help you out. The U and M-buildings also have group rooms, but there is no way to book them in advance. They are on a first-come, first-serve basis.

If you become a THS member and visit KårX during their opening hours, you can request to get access that will grant you access on weekends during Nymble members' opening hours.

Printing on Campus

Students can print at KTH printers, located in the library, and some other places. You can find all of the [information and instructions](#) here!

History of KTH Campus

KTH has been around for a while, but the campus itself was not built until in 1914 by architect Erik Lallerstedt at the Valhallavägen site in the Lill-Jans forest. It took three years to build, with the opening on October 19, 1917.

If you did not know already, there are a few pieces of artwork on campus. At the entrance, there is the Industry Well, created by the famous Carl Milles, who also designed the four elements on the arch into the courtyard.



Far away shot of the Industry Well fountain by Carl Milles.

KTH/University Vocabulary

Word	Meaning
------	---------



THS International
Reception

AK, “akademisk kvart”	Academic quarter (15 minutes past the hour); most classes start 15 minutes past the hour, but be sure to check with the professor on the policy (some seminars or labs can start on the hour).
Civilingenjör	A 5-year engineering program at KTH (pretty much a bachelor’s and master’s degree combined), a lot of students in Sweden get this degree. Has nothing to do with civil engineering unless you are a civil engineer with a 5-year degree.
Fika	A coffee/snack break in Sweden, usually done with a cup of coffee/tea and a cinnamon bun.
FUNKA	Students with documented, permanent disabilities can receive compensatory support in their studies at KTH. The group that coordinates this support is called Funka.
Gasque	A three-course dinner filled with small performances and songs.
Gyckels	Short performances that are either prepared or made up on the spot i.e. during gasques.
Kårfullmäktige (KF)/ Student Union Council	Representatives from Chapters come and meet at least once per semester to discuss and vote on various topics. They are the highest decision-making organ within THS. They are elected by their Chapter members.
Kårstyrelsen (KS)/ Student Union Board	They are responsible for long-term, strategic work at THS, and meet 10-15 times per year to discuss topics. They are elected by KF.
Kårledningen (KL)/ Student Union Management Team	They execute the operational activities of THS. Each member is elected for one year and takes a year off of their studies to work full-time for the union. Roles include President, Vice President, Head of Educational Affairs, Head of Student Welfare, Head of Study Social Activities, Head of Business Relations, Project Manager of Armada, Head of THS International. These positions are elected by KS.
Ladok	This is the student administrative registration and documentation system used by all Swedish universities. Here you can register for exams, get transcripts, view completed courses, and confirm that you are registered for courses.
Omtenta	Re-exams. Students can also take re-exams in courses to improve their grade (if the professor allows it). A re-exam request is conducted on a by-school basis and must be approved by the course responsible.
Osqvik	THS’s cabin in the woods that can be rented by any THS member, organizations can rent the cabin and host events there (usually sleepless nights).
Ovve	Shortened word for overall, which is worn by the different students at some social events; each color represents a different chapter/organization.
Quarnevalen	Giant carnival around Stockholm where teams of students build decorated vehicles to showcase on a route through Valhallavägen, takes place in May every third year (ex. 2023, 2026).



THS International
Reception

Sektion	Swedish word for Chapter, an organization tied to specific programs at the university.
SNNC	Students' Nobel Night Cap, a project run by 4 of the universities in Stockholm (Stockholm School of Economics, Stockholm University, Karolinska, and KTH) and organize the afterparty of the Nobel Prize festivities. The host rotates amongst the universities.
Squvalp	Float building event where students show their amazing creations, takes place in the years in which Quarnevalen is not happening (ex., 2024, 2025, 2027!! etc.).
Spex	A theatrical performance with singing, improv, and dance; interactive with the audience.
Tentaperiod	Exam period.
Tentapub	A huge party in Nymble celebrating the end of exams (or near the end of exams). Held four times per year, free for THS-members! Woop woop! We did it!
THS	Tekniska Högskolans Studentkår, the student union at KTH.
THS Armada	The student-led career fair, hosted in mid-November.
THS International	A subsection of THS, responsible for representing international students.
THS MAIN	A sub-organization within THS International that organizes events in English, including weekly Boardgame Nights.
THS Sports	A sub-organization within THS International that organises regular Sports events, all hosted in English.
Valberedning (VB)/ THS Election Committee	This is an organization within the student union that markets and interviews candidates for KS and KL. They screen candidates and write statements to the electing party if they recommend or do not recommend the candidate to the position.

Studying at KTH

Registering for Future Courses

Unless your program coordinator has stated otherwise, you will not need to register for courses on your own during the first semester; KTH will do that with you in a different way.

In future semesters, you will need to do the following:

- **Apply** for courses through University Admissions to save a spot for the course
- **Register** for them on Ladok during the [web registration period](#) to confirm your spot

In your schedule you might see multiple time slots for the same course, for example for a lab. Usually, you will only need to sign up for one of these slots.

Sometimes courses might overlap with each other if you are taking courses outside of your program, ex. Elective courses. Our best tip: talk to your professors early if you are going to need to miss a mandatory seminar or lecture. Usually they are quite flexible, but the key is to address the issue early! If you need to miss a lecture for another course, ask a friend to take notes for you!

Registering for Exams

You **will need to register** for your exams [closer to the exam date](#) so write down the exam registration period, so that you do not forget to do so! You can do this by accessing Ladok. Instructions for exam registration as well as attending exams can be found [here](#).

If you need to do a reexamination, check your school's website to find more information, as reexamination registration varies across the schools at KTH.

Exam Preparation

Sometimes it can be helpful to visit your department's office to view past exams, but don't always rely on studying only those to get good grades! Here it is especially important to look over the course objectives and see if you satisfy them!

KTH Library: A Great Academic Resource

Besides being a great place to study, the KTH Library also hosts seminars, workshops and other activities throughout the academic year. You can also [book a consultation](#) for reference writing, writing and rhetoric, and literature review searches. Best place to stay up to date: their [Website](#), [Facebook page](#), and [@kthbiblioteket Instagram account](#).

Funka: Resource for Students with Disabilities

If you have a disability, you are entitled to certain support functions at KTH through Funka, the coordinators of students with disabilities. For more information please see [here](#).

Career

Career Support

[KTH Career](#) is a great resource if you are looking for career support and tips; check out what they offer, as they sometimes have lunch seminars on negotiations and salary, tips for job interviews, and more. They also have a [job-seeking guide](#) on their website.

Job Fairs & Networking Events

Every November, there is the student-led career fair, [THS Armada](#). There are MANY companies there for you to chat with and learn about. *Don't be scared to attend!* It is more of a chance to get to know companies and what they offer than trying to pitch yourself as a future employee. Tip: Read up on the companies in advance so you come prepared with some questions! [THS Business](#) is a student-run association that hosts networking events and company presentations, year-round.

Chapters also have their own Careers fairs, company lectures, and networking events, so check out their websites and social media to figure out more info! Below are some of the Chapter career fairs:

- [D-Dagen](#) (Computer Science Chapter): November
- [Fusion](#) (Physics Chapter): January
- [Moment](#) (Mechanical Engineering Chapter): January
- [Lava](#) (Civil Engineering Chapter): February
- [BKW](#) (Building, Chemistry, and Energy & Environment Chapter): February
- [Potential](#) (Electrical Engineering Chapter): January
- [Dagen I](#) (Industrial Engineering Chapter): January
- [TAKEOFF](#) (Aerospace Engineering Chapter): October

Job Postings

Besides company websites, many companies post if they are looking for interns, master thesis, trainees, and jobs on LinkedIn. The [KTH Degree Project Portal](#) has some master theses, internships, and part-time jobs posted on this site.

For students in their **final year of studies**, looking for trainee programs at companies when they have graduated, there is a website called [TraineeGuiden](#). It is a Swedish website that has **some** management and engineering trainee positions open for internationals. The website updates continuously, so check it out every once in a while.

KTH Innovation: Innovation Support

[KTH Innovation](#) is a new part of KTH. They can help you turn your ideas into reality and find a team to work with. Don't hesitate to contact them if you would like to implement one of your great ideas.

Student Part-Time Jobs: Should I do it?

We at THS International recommend prioritizing your studies first and foremost. Student jobs can include working as a teaching or research assistant at one of the KTH departments or becoming a [Student Ambassador](#) for your programme. There may be some part-time jobs available on LinkedIn, but talk to the recruiter and boss if the job responsibilities can be complementary to your course schedule.

Is Knowing Swedish Required for a Job?

Not always, but it is really beneficial to know Swedish when looking for jobs. Check out the “[Learning Swedish](#)” section to learn more about available resources.

Learning Swedish

New students have the opportunity of learning Swedish. We highly recommend that you take advantage of these resources, since learning Swedish can help you when finding a job here and with getting involved in some aspects of student life at KTH.



THS International Reception's mascot, Jackie, thinks she is being funny by knowing about fika-culture, our Swedish coffee break.

Resources

Courses

KTH provides courses for students wanting to learn Swedish. More information can be found on their [language courses page](#). There are courses for different proficiency levels, and if one has prior knowledge of Swedish, one must take the [language placement test](#). If it is the same as previous years the language placement test is usually 45 min - 1 hr long. Please keep in mind that when signing up for classes it is important to **check with your program's schedule before** to make sure that courses do not collide!

[Sfi](#) (Swedish for Immigrants) also provides beginner's Swedish courses for immigrants. It is run by the local government, and in order to register, one must be a registered inhabitant of the municipality and have a Swedish personal identity number. Note that EU/EEA citizens have the right to be considered a resident of Stockholm. After completing SFI, you can continue with [SVA \(Swedish as a Second Language\)](#) through Komvux, and it is free of charge.

Digital resources

If you want to learn Swedish with an app, we have partnered with Mjøltnir: an app that helps you learn Swedish using a flash card system. They offer a default 5 day free trial, but if you are part of the International Reception and fill out [this form](#) with your account info, you can get an additional 4 week trial on the app.



You can also search “Nyheter på Lätt Svenska” and find TV and radio programs such as [Sveriges Radio \(Radio Sweden\)](#). It can also be found on Spotify.

Also, KTH typically has a Språkcafé (Language Café) right outside of the library (close to KTH Stories), where students get to practice their Swedish and other languages during lunchtime [on specific days](#). Take a look at this calendar to view the schedule.

Looking for Housing

Stockholms Studentbostäder (SSSB)

Looking for housing can be difficult in Stockholm. Students can register for the [SSSB](#) housing queue to accumulate waiting days in order to get housing through SSSB. You can have 90 days at SSSB as a non-Student Union member, even prior to arriving at KTH, so make sure to start as early as possible. Once your queue approaches 90 days and you are not a member yet, make sure to put your queue on hold, as you will be removed otherwise. So keep an eye on this! Once you are a THS member, you can continue your queue and gather more days. You can find out [how to become a THS member](#).

In order to get a housing contract through SSSB and extend your waiting queue, you need to be registered for THS membership, which can be accomplished once you have registered for your courses. You can also check approximate queue days on the SSSB site. However, if you get housing through SSSB before you were able to register for the THS membership you can also submit a letter of admission. SSSB also has [a website](#) where they explain what to do when you get an offer and also clarify parts with the student union membership.

Stockholm Housing Agency (HSB)

The [Stockholm Housing Agency](#) has a queue to rent housing, including student accommodation. You will need to pay an annual membership fee to be a part of the queue and as soon as you sign up, you can start collecting queue days.

KTH Accommodation

KTH Accommodation offers housing to some student groups. They have a website with information about [eligibility for housing](#) through KTH. Usually, KTH cannot provide housing for full-time non tuition fee-paying students, meaning citizens of EU, EEA or Switzerland.

Private Sublets

There are also private subletting, but be really careful when you do this! KTH has [a website](#) with some suggestions, including tips on how to protect yourself from fraud.

Transportation

Need to get out and about in the city? Well, good news! Stockholm is walkable and bikeable. Plus we have a great public transport system!

By Foot

Stockholm is a very walkable city, but that goes for the center of Stockholm. Getting to campus from some accommodations requires public transportation. Check out our map with [city suggestions](#) where you'll find great places to take a stroll or the best viewpoints.



*Buddy Group visiting Vanadislundén. Check out that view of the skyline!
Jealous of that Buddy group!*

By Bike

Stockholm is easily accessible by bike. Swedes are nice, but be sure to properly lock your bike as thefts can happen. Be mindful to use bike lanes when they are available and follow traffic laws. Ride on the right hand side unless otherwise instructed. Also, you must use hand signals when turning left and right and stopping and wear reflective stuff on your back, especially after dark. This is for your and others' safety.

If you want to buy a bike, the easiest place to find a cheap one is on second hand marketplaces such as Blocket or Facebook marketplace. Additionally, there are also other second hand groups for many of the student accommodation areas such as the facebook group Lappis market (the largest one), other areas have their own groups and you find them by searching their name on Facebook.

By Stockholm's Public Transportation

Please note that SL and SJ are not the same thing. SL is the Stockholm public transportation network, whereas SJ is the train system throughout Sweden. An SL ticket is not valid on an SJ train.



Stockholm public transport



Swedish trains

Important distinction to navigating transportation in Sweden. Logos used from SL and SJ websites.

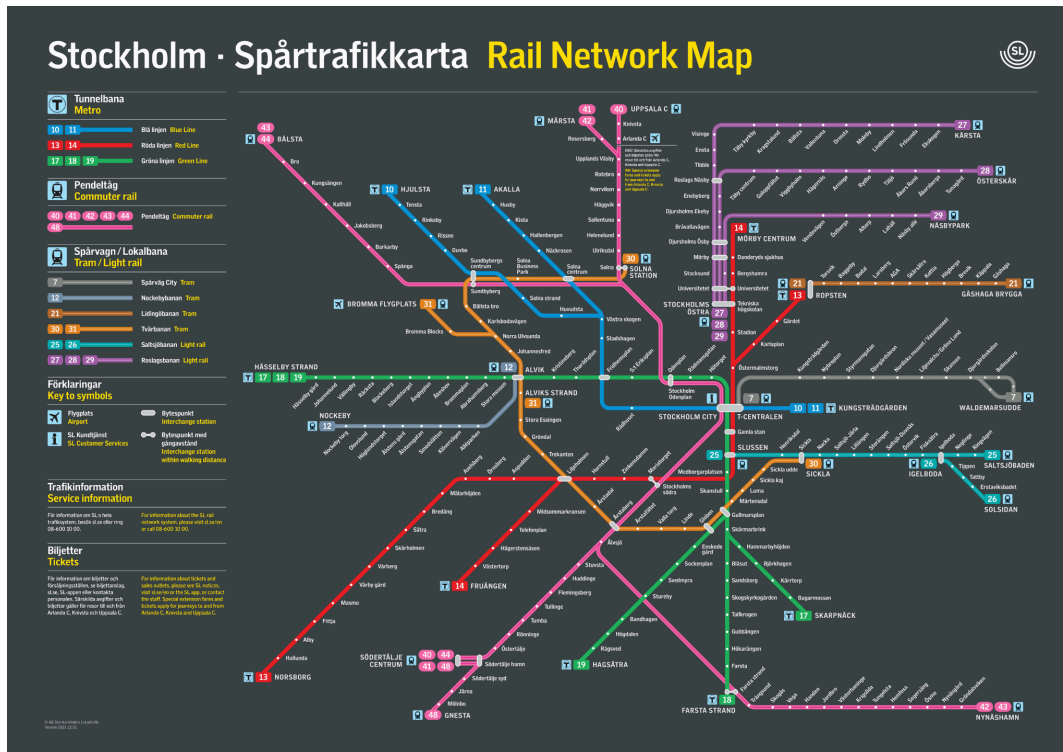
In Stockholm, a lot of people use the Stockholm public transportation network called SL. SL stands for *Stockholms Lokaltrafik* (Stockholm Local Transit Company). One can buy different forms of tickets, but the student ticket is at a reduced price. If you do buy this ticket, you must make sure that you **have a Mecenat card** with you anytime and be prepared for a ticket inspection (the SL symbol will be in the bottom right corner on the digital one, where an SL employee can see that you are a student) otherwise you'll face a fine of 1850kr.

You can purchase tickets via the [SL app](#) or just tap your credit/debit card instead. Tickets which have been bought in the app must be activated, before you can use them. If you prefer to have a physical card, it is possible to buy one at most ticket desks. SL offers tickets ranging from single tickets to annual passes.. For more information, check out [SL's website](#).

SL is composed of buses, metros, trams, commuter trains, and a few ferry line boats, marked with SL. The tram is most commonly used for travel between the Stockholm Central train station and Djurgården, also known as the island with a lot of museums. Busses and metros are the most common forms of transportation. There are many buses that will lead you all across Stockholm, so it is advised to learn them as you go. However, the metro is pretty easy to use. Below is a map of the metro line network. **T-Centralen** is connected to Stockholm Central Train Station, but the most commonly used metro stop for you will be **Tekniska högskolan** or **Stockholm Östra** (which is where KTH is located). For those of you living in Lappis (KTH Housing), **Universitetet** will be the closest metro stop.



THS International
Reception



Map of Stockholm's SL rail network.
Image from SL.

Did you know that Stockholm has several stations that are filled with art? Check out our “City Suggestions” section to find out where they are!

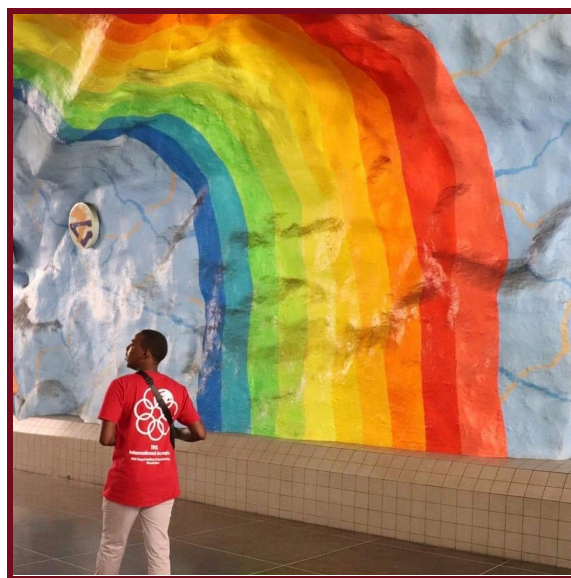


Photo of a Buddy at the Stadion metro station

For longer travel, you may need to use the commuter train (*pendeltåg*), which can get you to Märsta, Bålsta, Nynäshamn and Södertälje. Having issues on quickly identifying where a metro stop or computer stop is and you know it is in the immediate area? A T-sign means that it is for the metro (tunnelbana) and J is for the commuter train!



Follow the T-sign for local metro and the J-sign for trains and railway. Image from sthlmgo.com

Using the SL app

In order to use the SL app, download it via your App store. You can change the language (English or Swedish). In order to do so, open the app and swipe up until you see “*Inställningar*” (this means Settings). Click on it and you can change your language. The app is pretty easy to use if you have the actual address to where you are travelling to. The app also tells you if there are any traffic disruptions on the SL lines. This app is most often used as a way of telling you which methods of transportation and when to use them. You can purchase 75 minute or 24 hour tickets, but most students have longer duration physical or digital SL cards.

Getting from the Airport

There are a few options on getting to/from the airport, depending on which airport you are coming from. Taxis can be used but are quite pricey, so we have listed other forms of transportation. Be aware that some of these may not run at particular times during the night so check prior to your departure/arrival! The following instructions will be from the airport to the city center (Stockholm Central Train Station, known as Stockholm C). These are the modes of transportation that we know from the various airports, but there could be more!

From Arlanda Airport, you have multiple different methods of transportation. First of all, you can take SL. You can take the **pendeltåg** (commuter train) to Stockholm Central, but this requires having to pay an extra fee (over 120SEK) for traveling via the airport. Instead, a cheaper alternative is taking the SL **bus** to Märsta and then taking the pendeltåg (commuter train) into the city without an additional payment above the normal ticket price. This is not recommended since it is tricky to navigate and difficult to handle with

a lot of luggage.

Additionally, other modes of transportation are available, for example [Flygbus \(Flight bus\)](#) and [Flixbus](#). Flixbus is your cheapest alternative, and remember to say that you are a student for a possible discount! If you are in a rush and are not price-sensitive, [Arlanda Express](#) is the quickest method, but one of the most expensive modes of transportation. It will get you to the central station in 20 minutes. Note that the Arlanda Express has discounted youth tickets for those under the age of 26 as well as a student discount through the Mecenat app.

If you are travelling via Bromma airport, you can use SL or Flygbus (Flight bus). For Skavsta or Västerås, use the Flygbus (Flight bus) to Stockholm Central. Of course, with all of these modes of transportation, check the operating times as your desired mode of transportation may not be available during unusual hours of the day.

Once you reach the city center, take the red line metro towards Mörby Centrum, and get off at the third stop, *Tekniska Högskolan*. Turn to the right once getting off at the metro station, and head towards the elevator/escalator to the top. Turn left up the stairs and then you will see KTH Entre!

Health and Well-Being

General

KTH has a [great website](#) about healthcare in Sweden, describing how healthcare in Sweden works for internationals. We recommend that you check it out!

Mental Health Resources

If you are looking for mental health resources, check out [Stockholm Student Health Services](#).

Sports and Outdoor Activities

Stockholm is filled with [hiking trails](#), [free outdoor gyms](#), and [running trails](#). There are [outdoor swimming spots](#), but be sure that you are a good swimmer! Otherwise, indoor swim halls can be a great alternative!

If hitting the gym is more your thing, there is a gym on Campus run by a chain called [NordicWellness](#). You can find out more about their prices on their website. There are other gym chains such as [fitness24seven](#) and [SATS](#).

If you want to do track workouts when there is no snow or events going on, [Stadion](#) (the Olympic Stadium in Valhallavägen) is open to the public. If it is cold enough, Stockholm City blows snow on it and makes track trails for cross country skiers. So bring your own cross-country skis if you want to test it out! Additionally, if you are a cross country skier, during the snowy months Gärdet and Lil-Jan skogen/Stora Skuggan (the forest to the north-east of KTH) have additional tracks for cross country skiing.

If downhill is more your thing, [Hammarbybacken](#) is the closest alternative. But there are many more options in the Swedish highlands in the north. If you're looking to start off, you can find cheaper second hand skis and equipment on Blocket, Facebook market as well as Tradera. Otherwise, most ski resorts offer rentals for a fee.



This is a very heavily branded photo of our hoodies, but be sure to check out the fields at Gärdet! There are soccer fields, beach volleyball courts, and an outdoor gym!

There is also our sports event-creating association, THS Sports, that has various tournaments throughout the semester. Check out their [Instagram](#) to stay up to date!

City Suggestions

We at the THS International Reception have made a map with [suggestions](#)! You will find eating/fika tips, museums, hiking trails, metro art, photo-worthy stops and more!



Photo taken by Fall 2020 Buddy of fellow Buddies at a hike at Nacka Naturreservat. Are you ready to check it out?

Useful Information

- An unspoken rule in Stockholm is that in the metro, if you do not want to walk up/down the escalator, **stay on the right side** so that people who are in a hurry can walk on the left side. This is often a common way to tell who is from Stockholm and who is not!
- In Sweden, a lot of queues form. **Respect the line** and queue with everyone else. Be aware that in some places you have to get a slip of paper with a number on it and a screen will tell you when it is your turn (ex. Some post offices, police stations, pharmacy, fresh deli sections in supermarkets, etc.)
- **Be on time.** When someone says be somewhere at 8am, be there at 8am. Punctuality is important.
- When entering a Swede's home, **take off your shoes** once you enter the home and place them where all of the other shoes are. Swedes walk around their homes without shoes on.
- Alcohol can only be purchased at state-run liquor stores (called Systembolaget) which have special opening hours. They close early on Saturdays and are not open on Sundays or on national holidays.
- If you would like to stay up to date with Swedish news, there is [SVD](#) and [DN](#) that publish information in Swedish. [The Local](#) publishes news in English.

Additional Sites

If you are more interested in culture and events in Stockholm/Sweden check out these websites:

- <https://www.visitstockholm.com>
 - Check out their calendar of events to see what is going on in Stockholm!
Highly recommended!
- <https://www.visitsweden.com>
- <https://www.studyinstockholm.se>
- <https://studyinsweden.se>

Ending Remarks

Hopefully, this guide has helped answer a few of your questions and made it a little bit easier for you to understand the KTH landscape. Of course, we are looking to improve this guide for future receptions so if you have any suggestions or recommendations, we would gladly appreciate it. Please fill out [this form](#) so we know what to add/change in upcoming receptions. We hope that you have a great time here at KTH!